

A MAGAZINE OF SUNSHINE

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\$1.50 a Year

This little magazine conveys
a big message — a message
of mental sunshine, Christian
psychology, health, and
success.

NOVEMBER, 1931

A PAGE OF INSPIRATION FOR EACH DAY

**AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY
October 20 to November 19**

*The light of the Spirit of truth illumines
my every thought, and I walk in the light.*

*Thou, the very essence of my life, art
filling me with Thyself, and I am restored
to health and wholeness in mind and body.*

*Thou, the very essence of my supply, art
quickenning me with Thy thoughts of all-
sufficiency in all things, therefore I must be,
and I am, successful in all my undertakings.*

Single copies of *Unity Daily Word* may be obtained at news stands, at 15 cents. Subscription, \$1.50 a year.

Unity School of Christianity also publishes *Christian Business, Youth, Wee Wisdom, Unity, and Weekly Unity*. Each subscription \$1.50 a year. One other publication, *Unity Sunday School Leaflet*, is \$1 a year.

Requests for the ministrations of Silent Unity and love offerings for prayers for health and prosperity should be addressed to the Unity School of Christianity, Silent Unity Department.

Subscriptions, renewals, requests for prosperity banks, changes of address, book orders, or checks and money orders for publications should be sent to Unity School of Christianity, Publishing Department.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.



UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

JUST WHERE WE ARE

Did you ever notice that, when our Lord told the discouraged fishermen to cast their nets again, it was right in the same place where they had been working all night and had caught nothing? We are apt to think that if we could only go off to some new place every time we get discouraged, trying again would be an easier thing. If we could be somebody else, or do something else, it might not be so hard to have fresh faith and courage. . . . The old temptations are to be overcome, the old faults to be conquered, the old trials and discouragements, before which we failed yesterday, to be faced again today. We must win success where we are if we win it at all, and it is the Master Himself who, after all these toilful, disheartening efforts that we call failures, bids us try again. However it seems to us, nothing can be really failure that is done in obedience to His command, and some bright morning the "great draught" of reward will come.—*Rev. F. X. Lasance.*

GIVE GOD THE BURDEN

If on God you cast the burden,
Cast on Him your pain and care,
Give to Him all anxious trouble,
Take it to the Lord in prayer,
You will find that in the yielding
Of the burden on the road,
There will be an end to grieving
When you learn to shift the load.

When on God your burden's resting,
When you learn to cast aside
Every load and seeming trouble
And, in Him, to rest, abide,
You will find that in your living
You discover peace and ease;
At each turn upon the highway
Something comes to you to please.

Having cast on Him the burden,
Prayerfully your needs made known,
Go your way in sweet rejoicing,
For you travel not alone.
At your side the unseen Savior,
Would relieve you from all care;
Hand to Him the heavy burden,
Whisper all your needs in prayer.

THOUGHT SUBSTITUTION



F YOU ARE ONE of those who have had little success in applying Truth to your problems because of your unruly thoughts, if you have been able to do very little with concentration and the exercise of the will over your thinking, the method that we are suggesting to you in this message will especially appeal to you because of its simplicity and practicability.

We can readily see that we would become tired mentally if we compelled ourselves to take a rigid stand against adverse and unruly thoughts. We can see that, when we did relax from such a tension, the old negative thoughts would seem to have more power over us than ever. The most effective method, then, would appear to be that one in which there was no mental strain, little effort required, and healthy thinking generated.

Let us illustrate this idea in this way: Suppose you have continually recurring to your mind the thought that another has treated you most unjustly. Unless you have trained your mind to think according to Truth, this thought will continue to nettle your mind when you are not actively thinking of something else. In the last part of this sentence we have mentioned the very secret of thought substitution: learn to switch your attention instantly to some other thought that will neutralize the action of the negative one!

In your early attempts to practice thought substitution, it would be well for you to have in

mind or at hand some Truth affirmation, article, or poem that you have found especially helpful—one that commands, also, your attention and interest. If it is an article that has a direct bearing upon the condition that you want to handle, results will come easier and surer.

The method of procedure is most simple: when the old negative thought comes to you, switch your attention to the article or poem that commands your interest. There is no power on earth that can make you think an adverse thought when you are interested in a positive one. If you are really interested in thinking of the justice of God at work in your life, you cannot be induced to think of some so-called injustice of man. Upon the slightest evidence of the recurring of the undesirable thought you must begin to think of the subject in which you are interested.

Thought substitution is, by far, the simplest, easiest, and most efficacious method of taking command of the mental faculties. One person who became interested in this method said that, when the old thought recurred to him, he had a feeling, as it were, of languidly preferring to think of something else. He defined this feeling as one in which he felt so superior to the old thought that he just switched his attention to the substitution thought, with a sense that the change was no effort at all on his part. He found that the new thought that he became interested in made a definite break between his mind and the old belief. He found that he took

command of the situation by not thinking that he had a personal problem to handle, but by thinking of the ease with which he could choose to think a desirable thought and become interested in what it developed.

The little irritating thought that formerly seemed so important to you will become quite insignificant when the importance of Truth is emphasized in your consciousness. Remember, you are not to fight the old thought. You are not to stand it up and say to it that it is nothing. If you find you do your best work by a few well-chosen denials, by all means use them, but according to this thought-substitution method the work is purely affirmative.

Some students of Truth find that they make their demonstrations just by turning in thought to God. By this method they let go of negative beliefs and become so enthused with thinking about the prevalence of God's goodness that they easily lose sight of the negative belief.

The psychological aspect of thought substitution is very interesting. In its practice the individual in some way recognizes that in the past he has mesmerized his affairs by his negative thinking, he recognizes the power of spiritual thought, he recognizes his ability to choose between two kinds of thought and to think what he desires to think, he realizes his ability to take command of his world by becoming the avenue through which spiritual forces are set to work.

SUPREME BEING—BEING SUPREME



OD IS unconsciously recognized by the majority of mankind in time of stress and adversity. Even the one who has seemed to live farthest from God, who has seemed most stubborn in recognizing Him, will, in time of danger, cry out, "Oh, God, help me!" We can see that there is something in man that unconsciously recognizes a Supreme Being, something in his soul that causes him to know and to feel that there is a power mighty to lift him out of danger, mighty to reduce adversity to nothingness, mighty to establish itself in place of seeming evil.

Man's personal efforts, at times, may fail, his worldly wisdom may prove unwise, but he knows through all experience that there is a power, a supreme wisdom, that has unquestionable and unfailing might and strength. It is man's nature innately to feel the existence of a Supreme Being. Probably one of the characteristics that he has in common with those of the animals is that he recognizes his Maker and his Master.

To define the Supreme Being is not an easy task, because the language of the heart is not easily translated into spoken or written language. Since man can voice what God is not—ignorance, inharmony, hate, fear, disease, and lack—we begin to think of God as the power that is the antithesis of all these. The Supreme Being can be defined as the power of understanding, peace, love, life, and substance.

In times when hate or fear seem active in

man's life, he turns to God, and God reveals Himself as love—the omnipresence and omnipotence of love. In times of disease, he turns to God, and finds that God is life. By thinking of God as having all power, and of life as being all-powerful, he loses sight of his belief in disease and finds God has come to his rescue. He finds that God has been supreme over his own limited beliefs.

The thought that something is Supreme Being conveys to his mind the idea that this something is, lives, and endures. He begins to wonder where it is, where it lives, where it has its being. When he learns that he is the child of God, that his Father is in him, that the kingdom of heaven is within him, that nothing of the external world has power over him, the truth of God's abiding within him is perceived.

Next, a question comes to his mind: "If God, Supreme Being, is within me, then we must be interrelated to such an extent that I, too, am supreme over something. What of the things of the world that have appeared to be supreme over me?" We can see that he timidly approaches the new relation, since he does not want to feel personally that he is God. However, he does need to make a new adjustment, for God in him must be recognized as supreme.

A new feeling now comes to him, that of being supreme. He innately senses that something within him—something akin to light, peace, joy, love, and life—is supreme over what he has called evil, sin, ignorance, hate, disease,

and failure. Recognizing the Supreme Being, he has found a feeling of his being supreme in himself. To him, knowing the Supreme Being is really being supreme!

Do you see that man must know and recognize God in order to feel supreme over things of the world and situations of life? Do you not see that he must make a connection between the supremacy of God and himself, God's child, in order for God's overshadowing love and power to be active in his life? Making such a connection is but a matter of knowing and recognizing the truth of Being.

You, yourself, do not know God as your Supreme Being until you have found the Spirit of God within you as making you feel supreme over every temptation of the world, every temptation to believe that some person or external thing is mightier than or supreme over God in the very midst of you. It matters not what denomination of Christianity you are allied with, you have not grasped the deeper and mystical Truth of Christ until you find that God in your midst is supreme over every external adverse condition—and that you, too, are supreme.

To believe that evil, sin, disease, and poverty are supreme over you, too much for the might of God within you, is to admit that you fail in recognizing the supremacy of God and that of your own soul. Remember, supremacy is without any concession, excuse, or limitation.

IN COMMAND OF AFFAIRS

YOU ARE either in charge of the affairs of your life or else you are the victim of every adverse wind of circumstance. You have power to master the circumstances of your life, or else circumstances master you. You can command situations through the God-given power of mastery within you, or else God-in-you is a hopeless victim in the hands of adverse conditions.

Man is the only creation of God having the power to say, "No," and, "Yes." He is the only one with power to choose the direction that he is to take and able to continue in that way. He has been given power over lesser creations. He has been given consciousness of the presence of God within him. His claim to a soul is indisputable.

To man has been said, "Greater is he that is in you than he that is in the world." Mightier is the Spirit of God in him than are the persons, things, and conditions about him. Greater is the power of Truth than the belief that persons, external things, and circumstances can master him. Greater is the presence of God within him than is the appearance of sin, evil, disease, and want about him.

At this point you may ask, "If man through the power of indwelling Spirit is in command of the affairs of his life, why has he not known this before and taken command?" Because he has allowed himself to be subject to the race belief of his subordination to things. Because he has believed that God is far from him,

apart from him, unconcerned with his temporal affairs and problems.

The person who does not know the truth of his power to take command of his life, its events and circumstances, is seemingly blown about by every wind of caprice and change. He lacks substance and balance, the foundation and background of Truth.

"He that overcometh, I will make him a pillar in the temple of my God." He that overcomes false beliefs and turns to Truth will find the pillar of the Lord within him, making him as adamant to things of the outer world, causing him to stand firm when, otherwise, he would fall, making him conscious of his power to command affairs of the external world and to see them subject to his word of Truth.

Sometimes when a young student in Truth has a problem to handle he attempts to shift responsibility by stepping aside and thinking that God will right all conditions. He makes a mistake, not by giving up personal concern in the matter, but by not knowing or clearly realizing that God is at work. This is a most important point. The individual must realize that God within him is actually at work. He must realize that, instead of his affairs' being handled by a seemingly adverse power, as he formerly believed, they are now actually in the keeping of God. He must have the clear conviction that the Spirit of wisdom, justice, order, peace, and prosperity has command of his affairs.

IMPORTANT—OR INSIGNIFICANT



THE LITTLE THING that happened yesterday that bruised your feelings, perhaps—was it really important, after all? That something which some one told you some one else had said or done—are you carrying that in your mind today? The failure or mistake of last year—is it important today? Could any experience of yesterday be important enough to rob today of the happiness that is in store for you?

Perhaps the affair was given importance because of the mood that you were in at the time. Perhaps your mental attitude was such that you did not exercise good judgment, and you reacted to it with a spirit of rebellion when under normal conditions you would have let the incident pass unnoticed. Possibly you made a most insignificant situation one that seemed to be of great importance. Such could easily be the case.

If you happen to be in personal consciousness—in the belief that persons and things can affect, harm, or interfere with your well-being and success—a little experience that centers around what another has said or done may seem quite important to you. If you live in the freedom of universal consciousness—in the realization that you live above and beyond what others think, say, or do—such experiences are most trivial. What do you, the child of God, care if another behaves unseemly? His conduct but betrays his own need for Truth.

When another mistreats you, that one but

advertises the fact that he lacks understanding. The person who is inconsiderate of another needs compassion. Above all, do not think of his actions as having importance in your own life. His need for refinement may be most important in his own life, but it is totally insignificant in yours.

If you will sift out and examine the various little secret and subconscious hurt feelings that you may be harboring, you will find them woefully insignificant. They can have little importance to one who views life from a universal standpoint. They cannot be important to one whose vision and thought should be on his ongoing. If you look back to insignificant things of the past, you will take your attention from important things of the present.

After all, what is important in life? First of all, Truth. Truth as it reveals to you your relation to God—peace, freedom, justice, love—in the midst of you. Truth as it reveals to you your freedom from what others think, say, or do. Truth as it shows you that your thought must be directed away from insignificant things, from affairs of personal consciousness, to the important things of Spirit.


What is important? Your being impersonal, unaffected by persons and things, forgetful of mistakes and failures of the past, true to the vision of your going forward and upward to the goal of your mastery and perfection.



REALITY

*A thing has real
existence only
so far as it is good,
and its excellence
is the measure of
its reality.*

Scotus Eriqena



SUNDAY, NOVEMBER 1

*I am free from every limiting belief
because I know the truth of my freedom
in Christ.*

FREEDOM is the keynote of our lesson today. Our attention is to be directed away from all error beliefs about limitation and bondage. We are to cease believing that there are thoughts, persons, or things that bind or limit us. We are to think of freedom. We are to think of Jesus as bringing to us such a powerful message of freedom that we are literally compelled to give up all belief in bondage.

If today you are bound by some thought of fear, hate, disease, or failure, release yourself through knowing that in Christ, in absolute Truth, you are free. Since in Him you are free, there can be no bondage of any kind for you. Why not decide today to drop from mind the thought that seems to bind you? Why not make today a red-letter day, one marking the time of your deliverance from bondage, one that you can recall as the time when you found the perfect freedom of your soul and went forth awakened to your perfect deliverance?

Clear your thought of all belief in bondage. Rise to the truth of your freedom in Spirit—in mind and in body.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—*I Cor. 7:22.*

*I have faith!—faith in God, the good;
faith in myself, faith in mankind.*

FAITH gives us a powerful hold upon the good in life. Through faith we take a grasp upon that which we desire to manifest in our life. Believing in God, the good, by faith, we lay hold of the good and possess it. Faith in the good is the antidote to doubt and unbelief or faith in evil.

When thoughts of doubt assail you, affirm, "I have faith!" Feel in your words the very faith of Christ. Faith is the same, whether exercised now or in the time of the apostles. Faith in God is the same, whether you feel it or whether Jesus felt it. When you have faith in God you identify yourself with all faith. The power of all faith becomes active in your faith. The power of Jesus Christ comes to your aid when you have faith in God, His Father.

Faith in God links us with His good. We make a tangible relation to the good that we desire when we exercise faith in God. When we have faith in some person, we feel some sort of mental handclasp with that one. We stand with him. In the same way, when we have faith in God, He stands with us. His arm is about us. He is with us in all that we do.

He wavered not through unbelief, but waxed strong through faith, giving glory to God.—Rom. 4:20.

TUESDAY, NOVEMBER 3

I now behold God, the good, manifesting in me and in my life in place of evil. The good alone is real and enduring.

IN CONSIDERING the good today, we first direct our attention to God, the substance of good. Likewise our attention is taken off that which we have thought of and called evil. Thinking of God as the only power and presence, we begin to see that evil can have neither power nor place. That which we have termed evil passes from view when we realize that God, the good, is all in all.

Have you been entertaining a belief that some person or something in your life is evil? Has there seemed to be something besides good—God's omnipresence—in your life? Have you believed that God, the good, the one presence and power in Truth, had a rival, evil? Then this message is meant for you. You need to turn from the thought of evil and to realize the truth about good, to realize that God is the only reality, to manifest only good in your life.

As we behold the good we see it magnified before our very eyes. We see the appearance of evil giving way to Truth and good. We behold God expressing Himself as bountiful good.

Every creature of God is good.—*1 Tim. 4:4.*

I refuse to be a worrier. I am no longer anxious, since I place all my affairs in God's keeping.



WORRY AND ANXIETY belong to that state of mind in which God is not recognized, Truth is not understood, and prayer is considered useless. We can hardly think of the person who recognizes God, understands Truth, and knows how to pray aright as ever worrying or becoming anxious. He places his affairs in God's keeping and puts the burden of management upon Him.

The chronic worrier is often found to be such because of his state of mind, not because of events of the outer world. We readily recognize the individual who would find something to worry about regardless of circumstances. He symbolizes to us the person who knows little of Truth and gives little thought to correcting his thinking and adjusting his circumstances.

Through prayer we get the conviction that everything is being taken care of by spiritual forces. We shake the burden from our shoulders and let all things be governed by Spirit. In this way we lose personal anxiety and gain the assurance that all is well.

Cease to be a worrier and become a truster.

Blessed be the Lord, who daily beareth our burden.—*Psalms 68:19.*

The life of Christ in me is the all-sufficient life of my body. In Him I am eternally alive.



IFE comes to us through Christ in the midst of us. He is eternal, deathless, all-sufficient life. As long as we are conscious of our oneness with Him we need not fear that our life will be limited in any wise. Those who know Christ as their life need not fear or anticipate death.

To the person who thinks of his life as limited in any wise, Truth comes with its surprising and most satisfactory message. By its study and acceptance he turns from the belief that life is insufficient, that he is weary or weak, to the realization that in the midst of him is such bountiful life that he can never know fatigue, weakness, or disease.

Do not think of life as something abstract or intangible. Do not think of your own life as detached from the life of Christ in the midst of you. You live in Christ, bountiful life, and your life is limited only to the extent that you limit it by your thought. You are alive to the degree that you are conscious of your oneness with life.

Our Saviour Christ Jesus, who abolished death, and brought life and immortality to light.—II Tim. 1:10.

*Old, crystallized ideas in my mind
now give place to the new. I am filled
with the newness of Spirit.*



THE SPIRIT of newness expressing itself in mind and in body is characteristic of the individual who grasps Truth. He exchanges old, crystallized ideas for new ones based upon Truth. His mind undergoes a thorough change in that it loses any sense of darkness or cloudiness, and becomes filled with the light and regeneration of new thoughts. His body loses its sense of age, crystallization, and heaviness and becomes light, renewed, regenerated.

There is no reason for you to think of yourself as you did yesterday unless yesterday's impressions were strictly according to Truth. Today is a new day, bringing to you new ideas, new outlooks, and new possibilities. The very spirit of newness is everywhere about you. You are in the midst of it even as it is in the midst of you.

In Spirit, you and all things of your life are continually undergoing the renewing process. The life of Spirit is so closely identified with newness that you automatically become renewed in every part as you become more and more conscious of your identity with Spirit.

Serve in newness of the spirit.—Rom. 7:6.

SATURDAY, NOVEMBER 7

The fullness of my joy leaves no room for sadness or depression. The presence of Christ in me fills me with joy.

JOY comes to us as an expression of Christ within us. We become so happy over the truth of His presence as casting out all sadness and depression that joy literally fills us. We turn from all the beliefs that have seemed to bind us to sorrow and negation. We find ourselves unified with unfathomable joy.

Have you ever thought how strange it is that anyone who calls himself a Christian could be unhappy? Does it not seem as if the very thought of his knowing some measure of the Christ Truth would fill him with unspeakable joy? Still, Christians have never in the past been thought of as a happy lot, and it has remained to the Christians of almost the present generation to show forth the joy of their possession.

Joy comes to us when we realize our freedom from belief in the power of external things over us. We find that there is nothing in all the world to make us unhappy but that there is something to fill us with great joy—the knowledge of the presence of Christ. What joy!

Go forth this day with a joyful heart.

This my joy therefore is made full.—John 3:29.

SUNDAY, NOVEMBER 8

Knowing God, I love. I love that which is of God in those whom I meet.



GOD IS LOVE. If you know what love is, then you know God. If you know God, you also can love. You will find that neither God nor love is a mystery. Were you to give a concise definition of God, you need say no more than, "Love." In this word are wrapped up all the attributes and qualities of God, since all these in some way or other are intimately identified with God's love for us.

The person who is unloving does not know God. Nothing else so marks and reveals the true Christian as his ability to love. If he does not have love, his claim to the name is at once conspicuously spurious. Only his love can be an acceptable passport to heavenly bliss.

Love endures. Love based upon Spirit and Truth never changes. Personal problems may wax and wane in seeming strength and importance, but love continues to express itself. Love, like God, is unchanging, enduring, never failing.

How often does love prove to be the factor that solves problems, heals disease, urges to success! Many a situation is without remedy until love enters into it.

He that loveth not knoweth not God; for God is love.—*I John 4:8.*

MONDAY, NOVEMBER 9

My body is redeemed from sin and disease through my knowing that it is Christ's body of purity, health, strength, perfection.

YOUR BODY is, in Truth, the embodiment of your thoughts of health and strength. If you do not know the truth about health, you embody thoughts of sin, weakness, and disease. If you do not think of your body as spiritual, the vehicle that Spirit gives you by which to serve it, then it becomes a body of matter—possibly, of disease and integration. The nature of your body is indicative of the character of your thoughts.

Many a person giving thought to what he calls redeeming his soul from sin fails to realize that the threefold man—mind, soul, and body—must undergo the process of redemption, of freedom from adverse belief. If redemption of the body does not take place, we can see that the redeeming work is not thorough. If some adverse thought prevents the redemption of the body, that same thought will prevent complete redemption of the soul.

Your body manifests health and strength to the extent that your mind is cleared of all belief in disease and weakness and fixed upon the reality of your perfection in Christ.

Waiting for our adoption, to wit, the redemption of our body.—*Rom. 8:23.*

TUESDAY, NOVEMBER 10

I personally stand aside and patiently witness the Spirit of good at work in all my affairs.

PATIENCE is studied today as a virtue that we develop or exercise when we rise out of the tendency in personal consciousness to be concerned about the outcome of events and calmly expect and witness the working of forces for good. By patience we show ourselves masters over the worries and cares of the personal man, and trusters in the power of God, the good, to right every situation and to manifest Himself in its midst.

Without patience we should appear to fear evil and doubt good. We should seem to expect evil to manifest itself in our affairs before God, the good, could appear. We should seem to consider time as conspiring against us and as permitting chaos to appear in some way to thwart the intervention of God.

We cultivate patience by wiping from mind all belief that God's help can be delayed, by constantly expecting God to appear, by faithfully trusting in His promises to bring good to pass. We can stand aside, keep the frets of the personal man quiet, when we learn patiently to trust God and earnestly to anticipate His coming to our rescue.

The patient in spirit is better than the proud in spirit.—*Ecccl. 7:8.*



Dawni

Dawning day of dawning sandor, o
Early morn, I greet your dawning as
But, today, I see you offer me of jo
For, I know, you bring this evening o

Dawning day of heavenly day, of y
Those of peace and health and ple
But, I know that of your bounty ther
And each morn I greet your coming s

Yesterday and the tomorrow are as
But, today, the time of hestn, I sh
Knowing all of heaven's riches now
Dawning day of heavenly blessings,

awning Day

g splendor, opportunities galore!
dancing as I oft have done before,
er me of joy than all the rest,
his morning of your gifts the very best.

y gift, of your promises I claim
alth and plenty, more than those of earthly fame;
e booty there's no limit and no end;
our coming as one greets his nearest friend.

row are as nothing now to you,
hesten, I shall see my dreams come true,
s riches now are mine forevermore.
y blessings, opportunities galore!



WEDNESDAY, NOVEMBER 11

The peace of Christ within me establishes perfect peace in every part of my world.

PEACE, perfect peace, is within you, since Christ is in your very midst. Nothing in all this world can take your peace from you if you realize Truth. Nothing can take Christ from you and nothing can destroy the peace that comes from knowing Him. The very presence of Christ is peace.

Established in Christ's perfect peace within you, you will find your environment transformed into one of peace. The outer will become as the inner. Your consciousness of peace will express itself as an aura of peace. Your world will become peaceful and harmonious.

When you become conscious of Christ as ruling in your heart, at the same time you realize that He, the Spirit of peace, rules your life and your world. You take command of external situations because of the power invested in you through Christ. You find no absence of peace in your heart or your world, since Christ fills these completely with Himself.

Peace established through knowledge of Truth cannot leave you. No person, thing, or circumstance can destroy the peace of Christ.

Let the peace of Christ rule in your hearts.—
Col. 3:15.

THURSDAY, NOVEMBER 12

I am governed solely by God, the law of good, the principle of Truth.



OD, AS LAW, becomes better known to us when we meditate upon His unchangeable character, the accurate science of Truth, the position of God as the only ruler in His world. Were we to think of some principle of evil as coexisting with God, the law of good, we should need to think of God as sharing His omnipotence with some being unlike Himself.

Understanding God as law, we know that there can be nothing of evil or evil's so-called law operating in our world. We cease to think of a law of sin, evil, disease, or misfortune; neither do we think of ourselves as governed by such a law. Placing ourselves under the government of the law of good—God, we are secure from all belief in the principles of evil.

God, as law, now operating as the principle of good, governs us so completely that no law of evil established by race belief can govern or affect us. God, as the rule of our health, sets us free from the thought that disease can rule over us. God, as the principle of prosperity and success, causes us to know that the belief in lack and failure can have no dominion over us.

In Truth there is but one law, one God.

The ordinances of Jehovah are true, and righteous altogether.—*Psalms 19:9.*

*Thoughts of good fill my mind and
free me from thoughts of adversity.*



OUR THINKING GOOD directs our steps heavenward; our thinking evil turns us away from heaven. Since we know God primarily through the mind, we must see the importance of thinking rightly in order to advance heavenward.

If you find difficulty in concentrating, disciplining your thoughts, holding to Truth, according to some prescribed methods, just relax from your efforts and think of God. Become so interested in the subject of your thinking that you do not think of anything else. Be so engrossed in thinking of good that you do not think of evil. Serve God with your mind.

Thoughts of good emanate from the mind of God; thoughts of evil come from some sort of inverted human thinking. It is like the tangled threads on the back of a beautiful pattern of tapestry or needlework. Man has power to think the opposite of Truth, but such thinking does not give his thoughts the character of Truth.

Our way out of the seeming labyrinth of life is by clear thinking, thinking clearly of the realities of life founded upon the science of God.

I of myself with the mind, indeed, serve the law of God.—*Rom. 7:25.*

SATURDAY, NOVEMBER 14

I am not subject to condemnation. I abide in the consciousness that my Father approves of me.



CONDEMNATION comes to us as a result of our believing that others have the right to think or speak evil of us or that they can affect our well-being. Condemnation has a most conspicuous part in personal consciousness, for it is based upon the belief that man is subject to evil thought, a victim of condemnation. Truth comes to our rescue and reveals that man is of Spirit, free from evil, uncondemned, unmolested by other persons and their beliefs.

As spiritual man, you are the son of God, not subject to condemnation, not affected by unkind thoughts or gossip. No one has a right to criticize or condemn you. You have no right to condemn another. Your Father loves you and approves of your every good deed. He has no condemnation for you, since your thoughts are on Him and you are aspiring heavenward.

To assure yourself of God's approval, to convince yourself of freedom from condemnation, keep your mind filled with thoughts of peace, love, and good will. Take your mind off all fear of condemnation and think of your oneness with God.

Chastened of the Lord, that we may not be condemned with the world.—*I Cor. 11:32.*

SUNDAY, NOVEMBER 15

Christ—Truth, light, peace, love, and life—is within me. Christ is omnipotent in my world.



CHRIST is studied today as the composite of all that is good and noble. He is that within us which is a spark of the divine. He is that which manifested as divinity in Jesus and by which Jesus glorified God. He is all of Truth, peace, and love. He is of God's omnipresence and omnipotence.

Christ as the Spirit of good within and about us causes us to look upon ourselves not as evil, according to apparent shortcomings and limitations, but as good—good, in the sight of the Father. Christ as Truth directs our attention away from the falsities of life, as peace calls us away from inharmony, as love away from hate. He directs us to Himself and to the discovery that in Truth and in Spirit He is all in all.

Why is Christ all in Truth? Because the Spirit of God knows no rival. Because in Truth there is no place where God is not, no power in opposition to Him. He is all because in Truth there is only the presence and power of God manifesting through His Spirit in man as—the Christ!

Christ is all, and in all.—Col. 3:11.

I cannot be unjustly dealt with, because God as infinite justice rules all my affairs.

JUSTICE rules our affairs when we wipe from consciousness all belief in injustice. In order to do this we must cease to believe that any one has power to deal unjustly with us. We must realize that there is but one lawgiver and judge in our life, and that that one is God, the good.

Justice is as much a part of God and His action as are peace, love, and life. We are to look to God for justice even as we turn to Him for health. Only one thing is necessary: our turning away from all belief in injustice and directing our thought to Him. We could not expect justice to manifest for us while our thought was centered upon what appeared to be an overwhelming injustice.

We are not to judge one another. The matter of judging must be entirely according to the high standard of Spirit. We must judge aright, thereby seeing our fellow men as they exist in Spirit, perfect and whole. Judging by any other standard would be disloyal to Spirit and to man.

One *only* is the lawgiver and judge . . . who art thou that judgest thy neighbor?—*James 4:12.*

TUESDAY, NOVEMBER 17

Realizing the overshadowing presence of God, I am free from all fear. I am courageous!

FEARLESSNESS is man's divine birth-right. In his fearlessness is invested the very courage of His Father. Man comes into the world as master over every external condition. There is nothing for him to fear, since there is nothing superior to the Spirit of God in his midst.

Do not think of yourself as having something to fear. You simply are entertaining a belief that something has power over you. When you correct this thought, your fear disappears. When you know that the presence of God is within and about you, you will be free from fear.

Fear is akin to ignorance. When the light of Truth shines in our consciousness and we sense the presence and courage of Spirit, there will be nothing to fear. When we realize that in Spirit there is only God and His manifestation, we will not look upon the appearance of evil, call it something, dignify it with our fear of it, and tremble before it.

Be not afraid! Truth is now illuminating your consciousness. God is with you.

Fear ye not, stand still, and see the salvation of Jehovah.—*Exod. 14:13.*

WEDNESDAY, NOVEMBER 18

Through universal unity I am now united with the good, visible and invisible, in all things.



UNITY is our keynote for today. We rise out of the belief that we ever have been, are now, or ever shall be separated from God or the good in life. We erase from mind all belief in divisions and separations. We know that through our understanding of Truth we free ourselves from the belief that we are separated from God or from good. Divisions are minimized and disappear when we gain the consciousness of universal unity.

Our first step is to realize our oneness with Spirit within us. We are to direct our attention to light, life, and love in the midst of us. We are to know our unity with the good of God to such a degree that we can no longer think of ourselves as one with evil or as separated from God.

Our second step is to realize that, having made this inner union, we are identified with the good wherever it exists. We are unified with all that comes forth from God, whether it is visible or invisible, expressed or unexpressed.

There is one body, and one Spirit . . . one Lord, one faith, one baptism, one God and Father of all.—Eph. 4:4-6.

The light of God within me dispels all darkness and ignorance, and I am quickened, illumined, and inspired.



LIGHT, to us, represents the power to dispel darkness and to bring about great illumination in its place. Light dawning upon the consciousness proves to be a power to wipe out ignorance. When we are illumined with the light of Spirit, we cannot be in mental darkness.

If you have thought of yourself as lacking in understanding, change your thought. Cease to think of yourself, a child of God, as lacking in wisdom. Know that you inherit from your Father the power to know and understand all things. How can your thought be darkened when you are one with Divine Mind, one with the Spirit of all knowledge, one with infinite light?

If you would be illumined and inspired, if you would have revealed to you the deeper truths of Spirit, turn to the light. Cease to live in the shadows of error thought—the belief in ignorance and darkness. Keep your vision turned to the light of Spirit. Live in it. Think of yourself as all-wise, all-intelligent.

While ye have the light, believe on the light, that ye may become sons of light.—*John 12:36.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY
November 20 to December 19

ILLUMINATION

*The rich harvest of heavenly ideas
fills me and illumines me with wisdom
and understanding.*

HEALTH

*The rich harvest of heaven fills me
and thrills me with its harmony and
health.*

PROSPERITY

*The rich harvest of heaven pours its
bounty out upon me in never ending
prosperity.*

FRIDAY, NOVEMBER 20

No longer thinking of disease, I perceive myself as existing in God, the Truth—whole and well.

HEALTH is man's divine birthright. When he manifests disease he shows that he has been thinking and living contrary to divine law and Truth. When he thinks thoughts of evil, sin, hate, fear, and disease, he causes these to manifest in his body as some physical inharmony.

Have you ever thought of health as your natural state of being? Do you not feel that there is something within you that is a spring of life, a battery of power, a source of strength? Do you not know that this power is mighty to keep you recharged with energy, your body repaired and in perfect condition? Do you not feel that you can turn away from the thought of disease and behold the perfection and loveliness of yourself as you really and truly exist?

Healing is a simple process. The individual beholds the truth about himself, yielding the lie about disease. By lifting his thought to Truth he identifies himself with healing currents in the body. He finds within and about him the very life and strength of God. These he realizes are his own.

Jehovah will take away from thee all sickness.
—Deut. 7:15.

*I no longer need to believe in lack,
because my Father gives me rich ideas
and prosperity.*

PROSPERITY comes very easily to many persons because they seem to keep limited ideas about finances out of their minds very easily. Others find that they have thought of and lived in lack so long that they must discipline their minds to accept rich ideas and that which follows them—prosperity.

One way in which Spirit directs us to prosperity and success is through giving us rich ideas. As we unify our mind with Spirit we find that we give up the old line of thinking. A new set of ideas causes our whole mental world to be changed. We see ways in which prosperity is coming to us. We are guided into paths of prosperity.

The old belief in lack must give way to the truth about plenty. God, our Father, provides for us at all times. Our part is not to refuse to see His blessings by giving our attention to lack and failure. We need to lift up our eyes and to see the very bounty of heaven. We need to know that as sons of God we are sons of His bounty, heirs to His resource.

**The Almighty will be thy treasure,
And precious silver unto thee.**

—Job 22:25.

SUNDAY, NOVEMBER 22

*I live today in close touch with God.
I pray the prayer of communion with
God.*

PRAYER is the means by which we become conscious of living in close touch with God. We commune with God when our thought is lifted heavenward. The prayer of communion, then, is one by which we are continually drawing closer and closer to God.

Do not assume a groveling attitude when you pray. Do not think of yourself as a worm of the dust, as a sinful outcast, or an unworthy son of God. If you must go through some sort of repentance do this before you enter into the majesty of prayer. While engaged in prayer you are to think of yourself as you exist in God's sight. You are to think of your divine sonship, your perfection in Truth, your loveliness in Spirit.

By prayer we do not beseech God for His blessings. We simply realize that these are ours. We take the attitude that all that God has is ours. We know that in Truth we abide with Him in heaven. We know that all things are done, that all is well. By prayer we commune with God, rejoice over our good fortune in knowing Him and abiding forever with Him.

Always to pray, and not to faint.—*Luke 18:1.*

I think, speak, and live the Truth of God now being revealed to me as the Truth of my life and existence.



TRUTH—the science of man's relation to and perfection in God—when accepted, annihilates false impressions that man may entertain about himself. We can readily see that he could not entertain two different viewpoints at the same time. He could not think of himself as faulty and diseased and, at the same time, realize the reality of his perfection in Spirit.

Truth, being based upon Spirit, has back of it the very power and substance of Spirit. That which is divinely true of us becomes established so firmly that that which is untrue passes from mind and from sight. The falsehood previously entertained gives place to the Truth of God. Our impression of ourselves as faulty and imperfect, weak and diseased, gives way to the Truth that reveals to us our perfect being.

We think Truth clearly, speak it in terms of love, and live it to the very best of our ability when it is firmly established in consciousness. It becomes the reality of our life, something against which nothing can prevail, something that no one can take from us, for no one can cause its action to be defeated.

Speaking truth in love.—*Eph. 4:15.*

I relax from all strain and tension because my mind is filled with thoughts of peace, love, and faith.

RELAXATION, mental and physical, comes when the mind is freed from thoughts that produce tension. Such thoughts as fear, revenge, resistance, and hate come under this classification. We can see that our tension thoughts are mostly concerned about other persons. Freedom from personal consciousness helps to free us from tension, for this reason.

Mental tension is quickly felt throughout the physical organism. Hence, to be free from physical tension we need to free ourselves first from tense thoughts. Taut nerves, knotted muscles, and tense organs relax when mental relaxation is effected. Many a chronic case of physical tension has been cured through the relaxing peace of prayer.

The tension that produces sleeplessness is overcome when the mind and soul find peace and rest. Thoughts of love and faith carry the individual into the realm of sleep, the place where the cares of the day are forgotten and laid aside.

He entereth into peace; they rest in their beds, each one that walketh in his uprightness.—Isa. 57:2.

WEDNESDAY, NOVEMBER 25

Through the power and dominion of Christ within me I have power and dominion over all my world.

DOMINION over the world about us comes to us by virtue of the presence of Christ within us. Through Him we take command of our world. By His authority and power we exercise authority over limited ideas, race beliefs, appearances of evil.

You have dominion over the belief in fear, hate, disease, and failure. The authority of Christ within you—Truth, courage, love, health, and success—puts an end to these adverse beliefs. Sin, evil, and disease can have no dominion over Christ in you; neither can these affect you, in whom Christ dwells.

If you would exercise dominion and authority over adverse beliefs and conditions, two steps are necessary: you must understand and accept the truth of your freedom in Spirit from all these, and you must sense the authority of Christ within you as giving you absolute dominion over your life and your world.

Dominion has always been yours and always will be. You may ignorantly deny it or timidly refuse to accept it, but it still remains to be claimed and Christ still urges you to act with His authority.

Sin shall not have dominion over you.—Rom. 6:14.

For every evidence of goodness of God, I am thankful!

THANK GOD TODAY for all the good that has come to you. Be thankful for every evidence that God loves and provides for you. Let your heart be so full of thanksgiving that you are thankful for even the smallest blessing that you have received.

Thanksgiving comes from an overflowing heart. We become so full of gratitude and appreciation that our heart overflows with love for God and for all humanity. We find that, as our thanksgiving increases, as we become more and more filled with the spirit of thankfulness, we have more and more for which to be thankful.

Do you always stop and give thanks when some new favor is conferred upon you? Do you realize that a demonstration of prosperity is not completed until you have acknowledged God's part in it, and given Him thanks for the gift? This is part of the law of prosperity.

If you can but reach the right consciousness of thanksgiving today, you will never again be unthankful, never again lack any good thing. You will have found prosperity through thankfulness.

Sing unto Jehovah with thanksgiving.—*Psalms* 147:7.

FRIDAY, NOVEMBER 27


*I know that man in the sight of God
is not imperfect. I know that in Spirit
I am perfect and whole.*

PERFECTION is part of your inheritance from God, your Father. You may often enumerate your shortcomings, you may think of yourself as quite unlike your heavenly Father, but in His sight you are whole and perfect. The shortcomings that appear at times are not the real and the true of you. The little personal blemishes or faults that sometimes seem to discourage you are not recorded in heaven. In God's sight you are His perfect child, manifesting His character, expressing His divine attributes.

When you seem most concerned about your imperfections, if you are inclined to be discouraged, just take a little different view of yourself. You can never get rid of shortcomings by looking at them. You cannot gain a higher impression of yourself, or behold in yourself the man of God, while you are looking at yourself from the standpoint of limitation.

Now unto him that is able to guard you from stumbling, and to set you before the presence of his glory without blemish in exceeding joy, to the only God our Saviour, through Jesus Christ our Lord, *be* glory, majesty, dominion and power, before all time, and now, and for evermore. Amen.—
Jude 24.

*The Spirit of God goes before me,
removing every obstacle upon my path.
I go the way of peace, joy, and success.*

HE WAY into which Spirit leads us is one of happiness, health, and prosperity. Were we always to follow Spirit's bidding, we should not go the way of inharmony, injustice, fear, disease, or failure. If we always knew that Spirit is with us, we should always be conscious of the presence of peace, joy, and success.

Do not think that God places obstacles upon your path. You cause them to appear in your way through your own wrong thinking and living. You make hardships for yourself. No heavenly power creates hell for you. The evil-doer creates his own evil conditions. The enlightened soul advances by its own light—Christ within it.

To realize that the Spirit of God is with you and brushes obstacles from your path is to recognize the power of your own spiritual consciousness. This realization radiates such a spiritual power that nothing adverse can exist in your field of action. Nothing unlike Spirit can live in Spirit's presence.

Behold, I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

In the quietness and stillness of Christ within me, I, too, am quiet and still.



QUIETNESS AND STILLNESS are characteristic of the presence of Christ within us. There is that deep confidence and assurance, that profound peace and quiet, which bespeak power. Beside this quiet the noise and confusion of the outer world must bow. All confusion of the external world must recognize the might and power of Christ.

The quietness of Spirit first gives peace and stillness to the soul. The quietness that comes from knowing God is readily felt in the inner depths of being, and finally extends to the outermost circumference of our existence.

To be quiet, you must turn from that in the outer world which seems to irritate, annoy, or disturb. There must be no belief that things of the external can interfere with your inner sense of quiet. There must be no thought that in all the world there is a person, thing, or condition that can limit the harmony, quiet, and stillness of Spirit within you. Know this so firmly and so clearly that you become conscious of only the peace of God.

The effect of righteousness . . . [shall be] quietness and confidence for ever.—*Isa. 32:17.*

MONDAY, NOVEMBER 30

The blessings of heaven are now showered upon me and I am truly blessed by God.

BLESSINGS come to us as heavenly benedictions. They include wisdom, peace, love, health, and plenty. They are God's favors and graces showered upon us. They come as heaven-sent messengers to keep our eyes fixed upon the goodness of God and the bounty of heaven.

The student of practical Christianity, one who recognizes the omnipresence of God and His blessings, usually finds himself well blessed with good things. He knows no absence of good. He does not think of himself as denied any good thing. He knows that he is being continually blessed by God.

If you would have the blessing of health, look to heaven for it. Look away from weakness and disease. Turn your vision heavenward and behold the windows of heaven opening in order to give you its largest blessing—perfect health. The blessing of wisdom but prepares the way for the coming of perfect health—perfect harmony of mind, soul, and body.

If you would be blessed with prosperity and success, look to the Lord for this.

The blessing of Jehovah, it maketh rich.—Prov. 10:22.

"In Everything Give Thanks"

Thanksgiving is at hand, when we shall offer up prayers of gratitude for the good that has come to us during 1931. Let us not stop there, however. Let us show our gratitude in some particular way. Perhaps you feel especially thankful this year for some demonstration that you have made through Truth. Why not let your thankfulness express itself by sharing Truth with some one else. Send *Unity Daily Word* to the friend who may be very much in need of new strength and courage.


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
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Six Gift Suggestions





 Send *Unity* magazine to the friend who desires to be healed of some inharmony, whether it be physical or otherwise. *Unity* emphasizes one's true relation to God, the one source of health, peace, and plenty.

 *Weekly Unity* is for the friend who has little time for reading. Its articles are brief and forceful; they are friendly and practical. They bring true accounts of demonstrations that others have made.

 A meditation a day will help to keep some friend anchored in Truth. *Unity Daily Word*, published monthly, will bring him a daily Truth thought, together with a number of inspiring articles and poems.



 For the business friend who has the worry habit *Christian Business* magazine is an appropriate gift. It will show him in a practical way how to solve his problems, how to turn failure into success.

 The delightful stories and articles in *Youth* magazine leave the reader with a buoyant desire to go forward and to accomplish things. A gift coming once a month that any friend would appreciate and enjoy.

 *Wee Wisdom* is the ideal gift for your child. It teaches Truth by means of interesting stories and other features. It is colorful and attractive. A once-a-month gift that children adore.

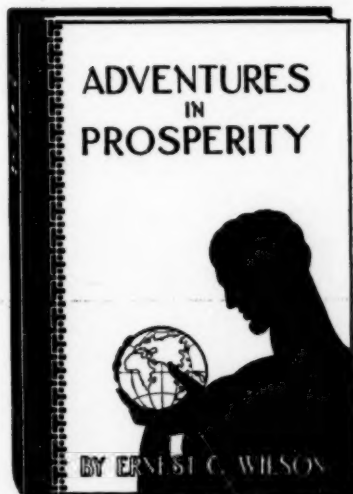
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